

Adult Short Breaks Activity

Quarter: July 17 – September 17

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Introduction

This report provides details on **all the adult short break activity** that Trusts provide in respect of all programmes of care. Activity will be recorded separately by Programme of Care on the **number of adults** receiving short breaks and the **hours of short break** provided.

Short Break Care – Short break care is defined as the provision of regular, occasional or emergency but time limited breaks to those who are caring for others. It is any activity or service of limited duration designed to provide a break for the persons cared for and their carer from the usual commitment. Such a break can be provided on a regular basis over a long term.

The activity or service seeks to ensure a positive experience for both parties and can be provided on a planned or emergency basis. The distinctive feature of short break care is that it provides time-limited breaks for families and other unpaid care givers in order to support and maintain the primary care giving relationship.

Short break care comes in different forms that are suitable for various needs. The needs of those who access short break are often complex and varied. It is crucial that these needs, together with the reasonable wishes/choices of those who use it, are catered for if the service is to derive maximum benefit from the available funding.

Short Break Care Duration – The duration of short break care depends on individual circumstances and can vary depending on the form of short break care and the setting in which it is provided. Short break care is usually short term and may extend from a few hours to a few weeks, however in some circumstances short break care can be provided on a longer term basis, e.g. weekly sitting services for short term purposes on a longer term basis. For the purposes of reporting on all the short break services provided by Trusts for carers, short break care regardless of where it is provided will be measured in a currency of **hours** and the Trust should report all hours of short break provided.

Although both the person cared for and the carer will benefit from the experience of short break care, only the hours of short break care received by the carer should be counted.

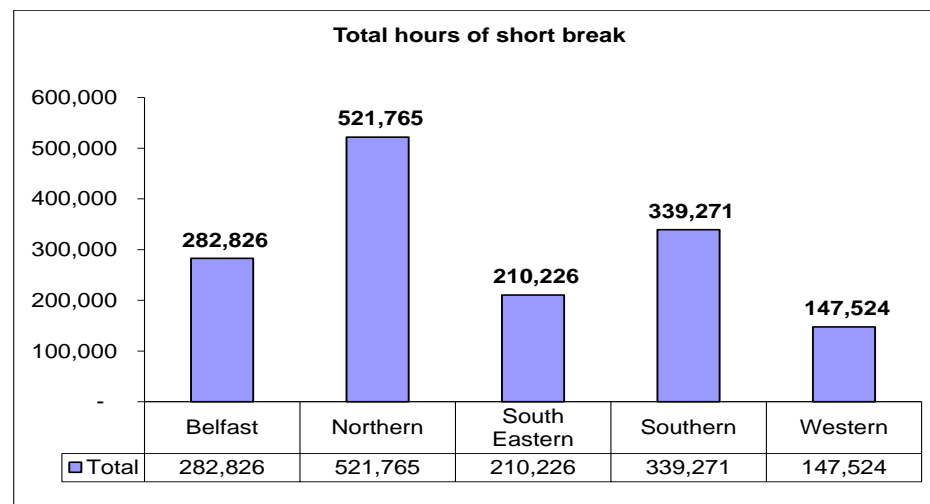
The hours of short break counted can be for one or many episodes, for any length of time and for one or more individuals.

Please Note: Trusts find the reporting requirements of Short Breaks activity challenging because of their reliance upon a range of reporting systems (including manual systems), as a means of capturing activity around new or developing models of carer support.

Total Hours of Short Break Adults Receive, July 17 – September 17

Hours of Short Break					
Trust	Elderly (POC 4)	Mental Health (POC 5)	Learning Disability (POC 6)	Physical Disability (POC 7)	Total
Belfast	176,718	3,012	73,400	29,696	282,826
Northern	370,966	17,051	103,484	30,264	521,765
South Eastern	116,959	2,106	69,547	21,614	210,226
Southern	213,032	9,925	94,969	21,345	339,271
Western	81,749	15,408	32,393	17,974	147,524
Total	959,424	47,502	373,793	120,893	1,501,611

% Hours of Short Break					
Trust	Elderly (POC 4) %	Mental Health (POC 5) %	Learning Disability (POC 6) %	Physical Disability (POC 7) %	Total
Belfast	18%	6%	20%	25%	19%
Northern	39%	36%	28%	25%	35%
South Eastern	12%	4%	19%	18%	14%
Southern	22%	21%	25%	18%	23%
Western	9%	32%	9%	15%	10%
Total	100%	100%	100%	100%	100%



- Regionally, adults received, in totality, 1,501,611 hours of short break at QE September 17.
- Adults in the NHSCT recorded the highest number of short break hours at 521,765 (35%). WHSCT the lowest at 147,524 (10%).
- Of the total no. of hours, approx. 960,000, 64%, were to older people whilst adults within POC5 (Mental Health) received just below 50,000 of the hours (3%).

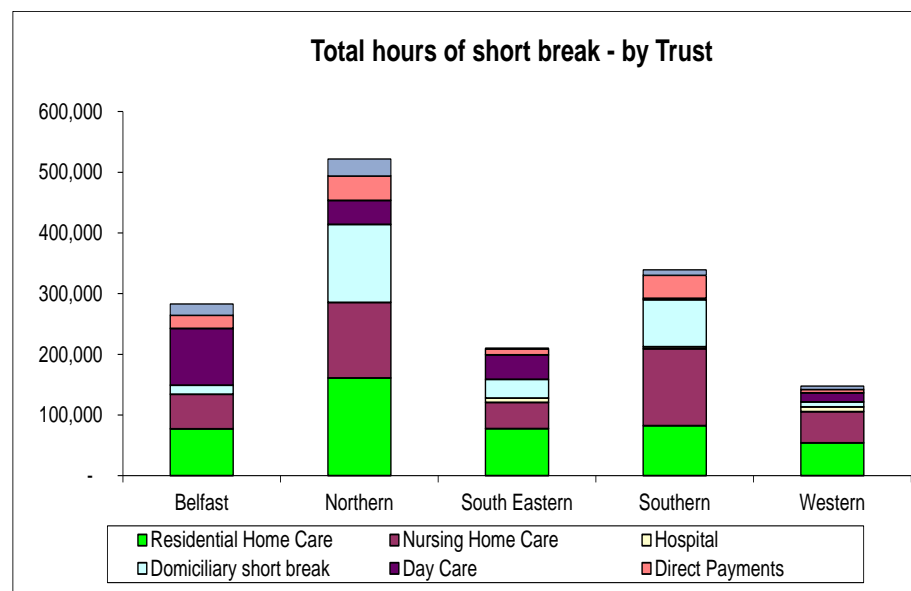
****Please note, figures may not add up due to rounding.***

*****BHSCT included over 13,000 hours associated with 275 Adult Carers receiving Cash Grants (Elderly and Mental Health POC's) during QE Sept 17. These hours have been excluded due to current definitions. No other Trust reports hourly activity for a Cash Grant.***

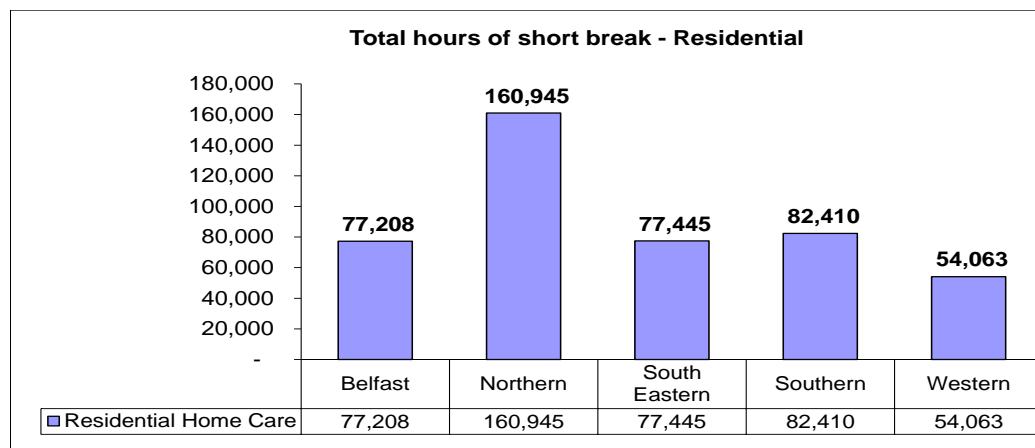
Total Hours by Type of Short Break Adults Receive, July 17 – September 17

Type of short break Adults Receive								
Trust	Residential Home Care	Nursing Home Care	Hospital	Domiciliary short break	Day Care	Direct Payments	Other	Total
Belfast	77,208	56,928	-	15,059	93,421	21,590	18,620	282,826
Northern	160,945	124,728	-	128,541	39,423	40,199	27,929	521,765
South Eastern	77,445	43,203	7,128	31,169	40,125	9,854	1,302	210,226
Southern	82,410	126,840	3,120	77,650	2,185	38,004	9,062	339,271
Western	54,063	51,624	7,536	8,511	14,620	5,889	5,281	147,524
Total	452,071	403,323	17,784	260,930	189,774	115,536	62,194	1,501,611

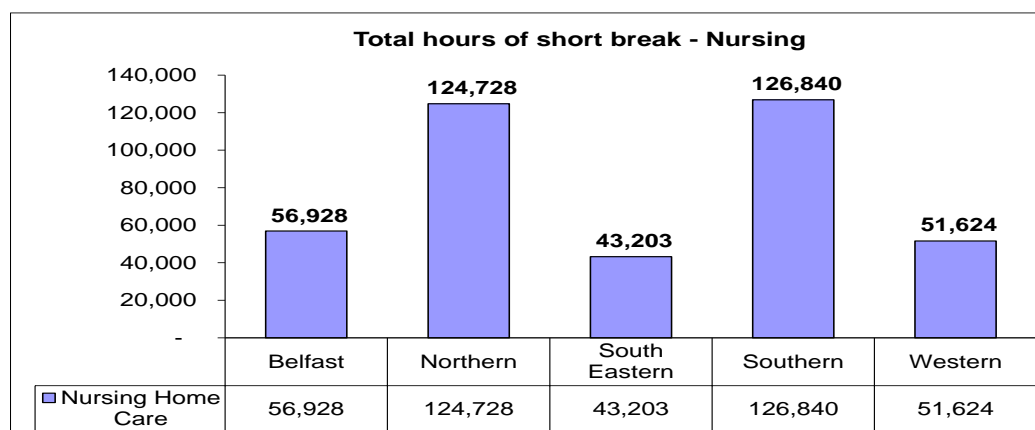
Type of short break Adults Receive								
Trust	Residential Home Care	Nursing Home Care	Hospital	Domiciliary short break	Day Care	Direct Payments	Other	Total
Belfast	17%	14%	0%	6%	49%	19%	30%	19%
Northern	36%	31%	0%	49%	21%	35%	45%	35%
South Eastern	17%	11%	40%	12%	21%	9%	2%	14%
Southern	18%	31%	18%	30%	1%	33%	15%	23%
Western	12%	13%	42%	3%	8%	5%	8%	10%
Total	100%	100%	100%	100%	100%	100%	100%	100%



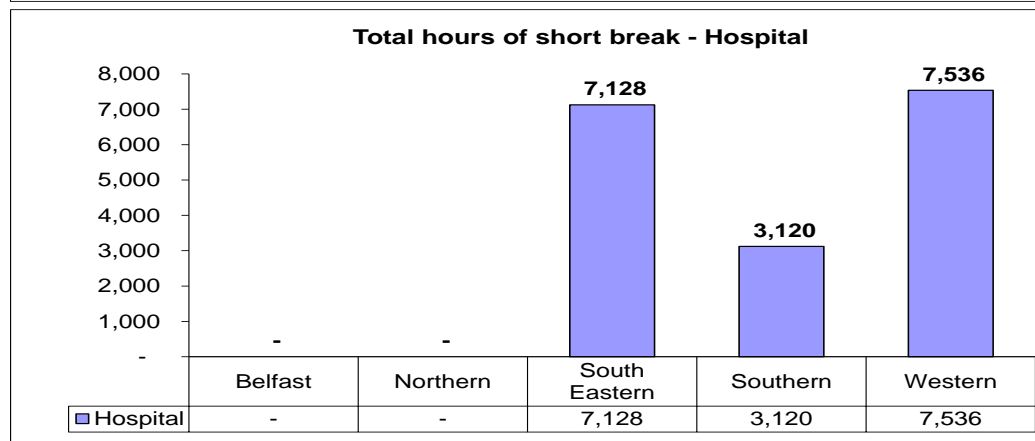
- Of the 1.5 million hours, the highest reported was for Residential Home Care at 30.1%. The highest percentage was in the NHSCT at 36% compared to the WHSCT at 12%.
- Nursing Care accounted for 26.9% of hours.
- Domiciliary Care represents 17.4% of total hours delivered. Of this, 49% of the hours in NHSCT and only 3% in WHSCT.
- Day Care represented 12.6% of the total hours adults receive. Of this, 49% were in the BHSCT compared to 1% in SHSCT.
- Direct Payments and the 'Other' category combined, represented 11.8% of total hours.
- 1.2% of short break hours delivered via a hospital setting.
- The 'Other' Category includes Caring Breaks, Families Matter, Mertoun Park Emergency Bed and Praxis (BHSCT); Share the Care, Day Sitting Service and Group Recreational (NHSCT); Alzheimer's Association and Caring Breaks (SEHSCT); Shared Care, Enable and Forensic – Day Opps (SHSCT); Flexicare and Host Carers (WHSCT).



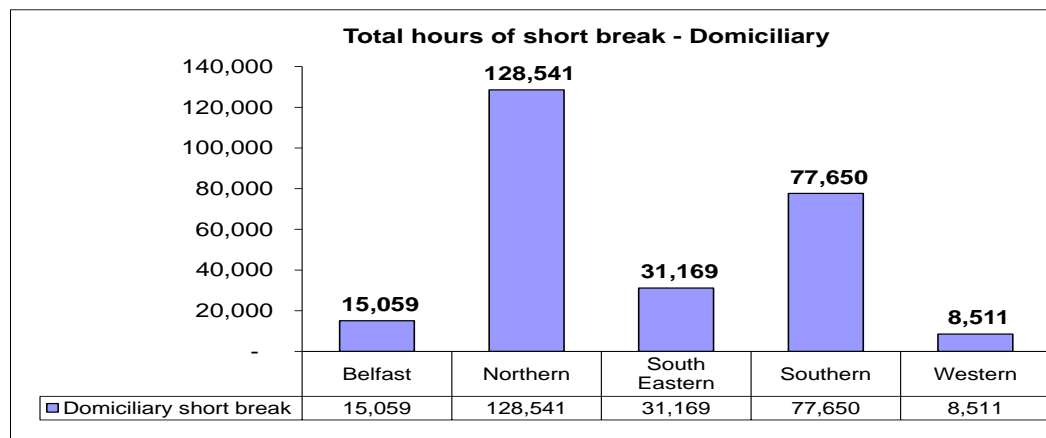
- 452,071 hours provided, of this, 36% in Northern Trust.



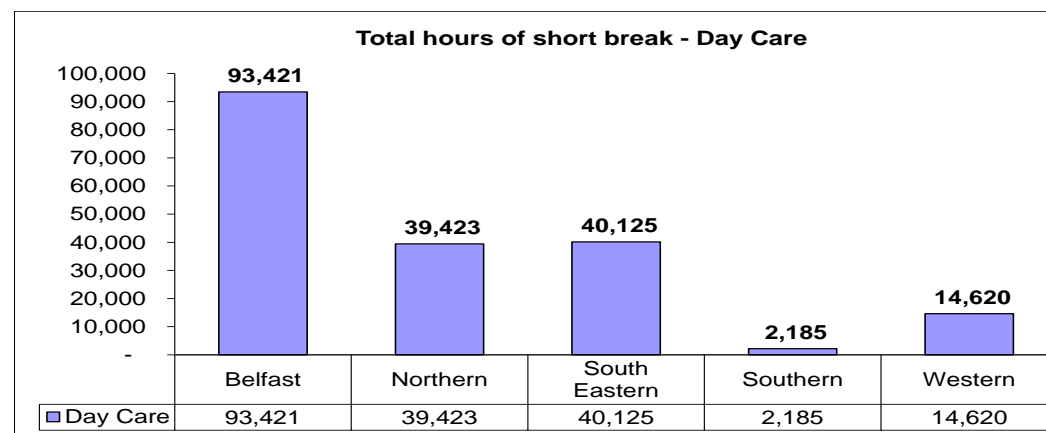
- 403,323 hours provided, of this, 31% in both Northern and Southern Trusts.



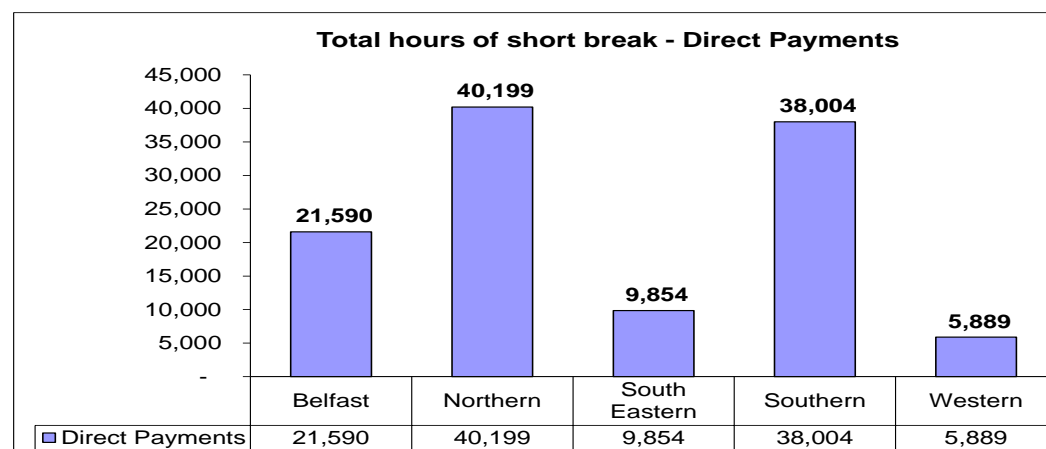
- 17,784 hours provided, of this, 42% in Western Trust.



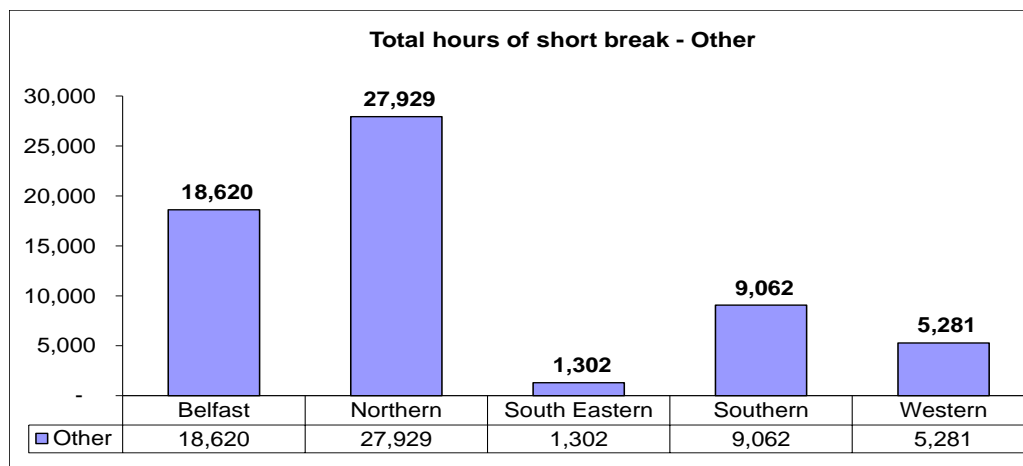
- 260,930 hours provided, of this, 49% in Northern Trust.



- 189,774 hours provided, of this, 49% in Belfast Trust.



- 115,536 hours provided. Of this, 35% in Northern Trust.



- 62,194 hours provided. Of this, 45% in Northern Trust.
- See overleaf for breakdown of the total hours of 'other' short breaks.

2017/18 Commissioning Plan Direction – Community Based Short Break Hours

The 2017/18 Commissioning Plan indicates that by 'March 2018, secure a 5% increase in the number of community based short break hours (i.e. non-residential respite) received by adults across all programmes of care.' At QE September 17, 42% of short break hours were delivered in non-residential settings, i.e. domiciliary care, day care, direct payments and other settings. In 2016/17, 44% of short breaks were delivered in non-residential settings.

Total Hours of Short Break – ‘Other’

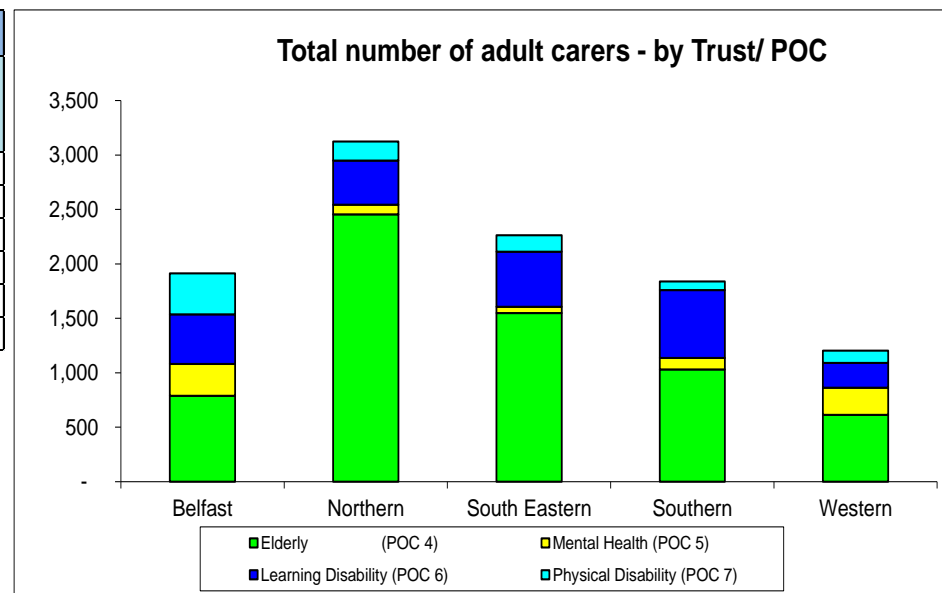
Hours of Short Break						
Trust	Type of short break Adults Receive	Elderly (POC 4)	Mental Health (POC 5)	Learning Disability (POC 6)	Physical Disability (POC 7)	Total
BHSCT	Caring Breaks Scheme - respite leisure provision	-	-	13,248	-	13,248
BHSCT	Adult Family Placement	-	-	-	-	-
BHSCT	Families Matter	-	-	1,354	-	1,354
BHSCT	Therapies	217	72	-	-	289
BHSCT	CAUSE	-	45	-	-	45
BHSCT	PRAXIS	-	1,476	-	-	1,476
BHSCT	Mertoun Park Emergency Bed	-	-	2,208	-	2,208
Total		217	1,593	16,810	-	18,620
NHSCT	Share the Care	-	-	16,315	168	16,483
NHSCT	Residential Home Care Day Sitting (< full day/overnight)	5,062	-	-	-	5,062
NHSCT	Nursing Home Care Day Sitting (< full day/overnight)	1,416	-	-	-	1,416
NHSCT	Group Recreational	4,104	-	-	864	4,968
Total		10,582	-	16,315	1,032	27,929
SEHSCT	Other (by sub heading if material)	-	-	-	-	-
SEHSCT	by Alzheimers association for client and carer	1,026	-	-	-	1,026
SEHSCT	Group Respite Sessions	-	-	-	-	-
SEHSCT	Caring Breaks	-	-	276	-	276
SEHSCT	Evening Respite (Centre Based)	-	-	-	-	-
SEHSCT	Tea Service	-	-	-	-	-
Total		1,026	-	276	-	1,302
SHSCT	Activity Clubs	331	-	-	-	331
SHSCT	Aldergrove (Supported Living)	-	-	-	-	-
SHSCT	Flexible	-	-	-	-	-
SHSCT	Shared Care	-	-	2,872	-	2,872
SHSCT	Enable	-	-	4,758	-	4,758
SHSCT	Woodlawn	-	-	18	-	18
SHSCT	Forensic - Day Opps	-	-	1,083	-	1,083
Total		331	-	8,731	-	9,062
WHSCT	Host Carers	-	-	2,274	-	2,274
WHSCT	Flexicare	2,615	-	-	-	2,615
WHSCT	Sitting Service	-	-	-	-	-
WHSCT	Alzheimer's Sitting Service	-	-	-	-	-
WHSCT	Floating Support	-	-	-	-	-
WHSCT	Wrap Around	-	-	-	392	392
WHSCT	Carers' Support	-	-	-	-	-
Total		2,615	-	2,274	392	5,281
Regional TOTAL		14,771	1,593	44,406	1,424	62,194

Total Number of Adult Carers, QE September 17

Number of Adult Carers					
Trust	Elderly (POC 4)	Mental Health (POC 5)	Learning Disability (POC 6)	Physical Disability (POC 7)	Total
Belfast	789	292	455	377	1,913
Northern	2,455	89	405	176	3,125
South Eastern	1,548	58	506	151	2,263
Southern	1,030	106	624	80	1,840
Western	614	249	227	113	1,203
Total	6,436	794	2,217	897	10,344

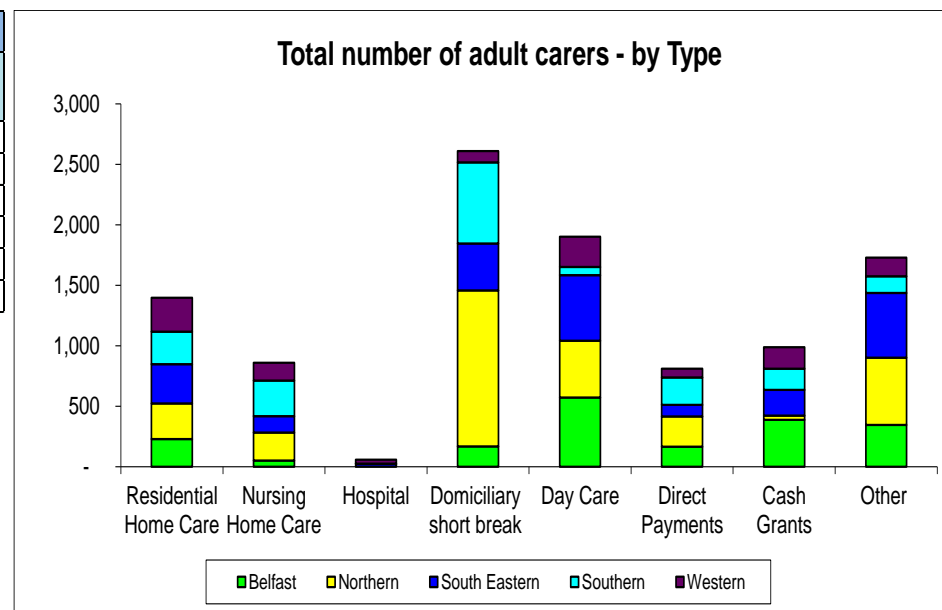
Please note that the Total figures given are for control purposes only, as there is an element of double and over counting in these figures as carers can get more than 1 form of short break during the period.

- Given the above proviso, at QE September 17, 10,344 adult carers received a short break.
- Adult carers caring for the Elderly (POC4) account for 62% of all carers, with 38% of these being in the NHSCT.



Adults Receiving Short Break									
Trust	Residential Home Care	Nursing Home Care	Hospital	Domiciliary short break	Day Care	Direct Payments	Cash Grants	Other	Total
Belfast	228	51	-	167	571	165	387	344	1,913
Northern	294	230	-	1,290	470	250	34	557	3,125
South Eastern	326	137	23	389	543	96	213	536	2,263
Southern	267	295	3	670	67	226	176	136	1,840
Western	281	146	32	92	249	72	177	154	1,203
Total	1,396	859	58	2,608	1,900	809	987	1,727	10,344

- Of the total no. of adult carers who received a short break, 25.2% received domiciliary care.
- 21.8% chose residential or nursing home care for their short break.
- 18.4% (1,900) chose Day Care as a short break option.
- 17.4% of adult carers received a direct payment (809) or a cash grant (987).
- 16.7% received 'other' forms of short break.

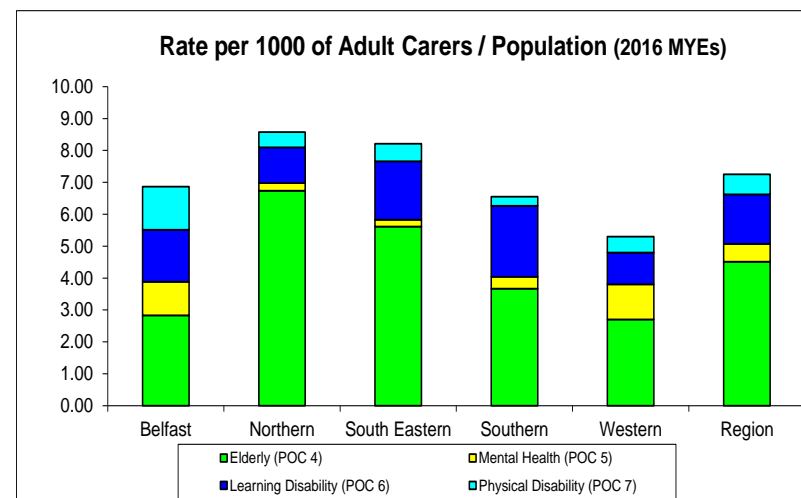


Rate per 1000 of Adult Carers/ 18+ Population (2016 MYEs)				
Trust	Elderly (POC 4)	Mental Health (POC 5)	Learning Disability (POC 6)	Physical Disability (POC 7)
Belfast	2.83	1.05	1.63	1.35
Northern	6.74	0.24	1.11	0.48
South Eastern	5.62	0.21	1.84	0.55
Southern	3.67	0.38	2.22	0.28
Western	2.70	1.10	1.00	0.50
Region	4.51	0.56	1.55	0.63

- In an attempt to establish the number of carers in receipt of Adult Short Breaks, the table above presents the number of carers as a rate per 1000 of the 18+ population. This is a proxy estimate in the absence of carer's age not known.

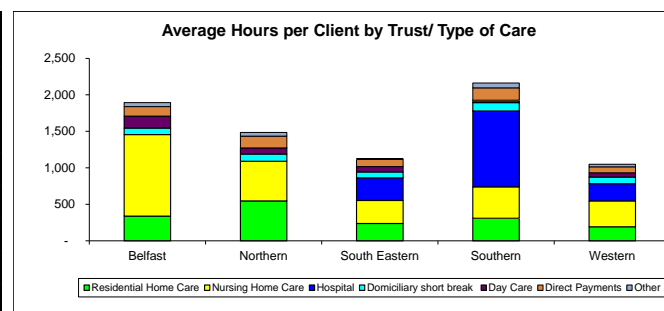
The above findings reveal that within the:

- Elderly POC, the NHSCT has the highest rate per 1000 of adult carers at 6.74 compared to 2.7 in the WHSCT
- Mental Health – applying an 18+ population to the number of carers, the WHSCT rate is 1.1 compared to 0.21 in the SEHSCT.
- Learning Disability; the highest rate is within the SHSCT at 2.22, falling to 1 in the WHSCT.
- Within Physical Disability, the rate ranges from 1.35 in BHSCT to 0.28 in SHSCT.



Analysis of Average hours delivered at QE September 17 by Client by Type by Trust

Average hours per client								
Trust	Residential Home Care	Nursing Home Care	Hospital	Domiciliary short break	Day Care	Direct Payments	Other	Total
Belfast	339	1,116		90	164	131	54	185
Northern	547	542		100	84	161	50	169
South Eastern	238	315	310	80	74	103	2	103
Southern	309	430	1,040	116	33	168	67	204
Western	192	354	236	93	59	82	34	144
Total	324	470	307	100	100	143	36	160



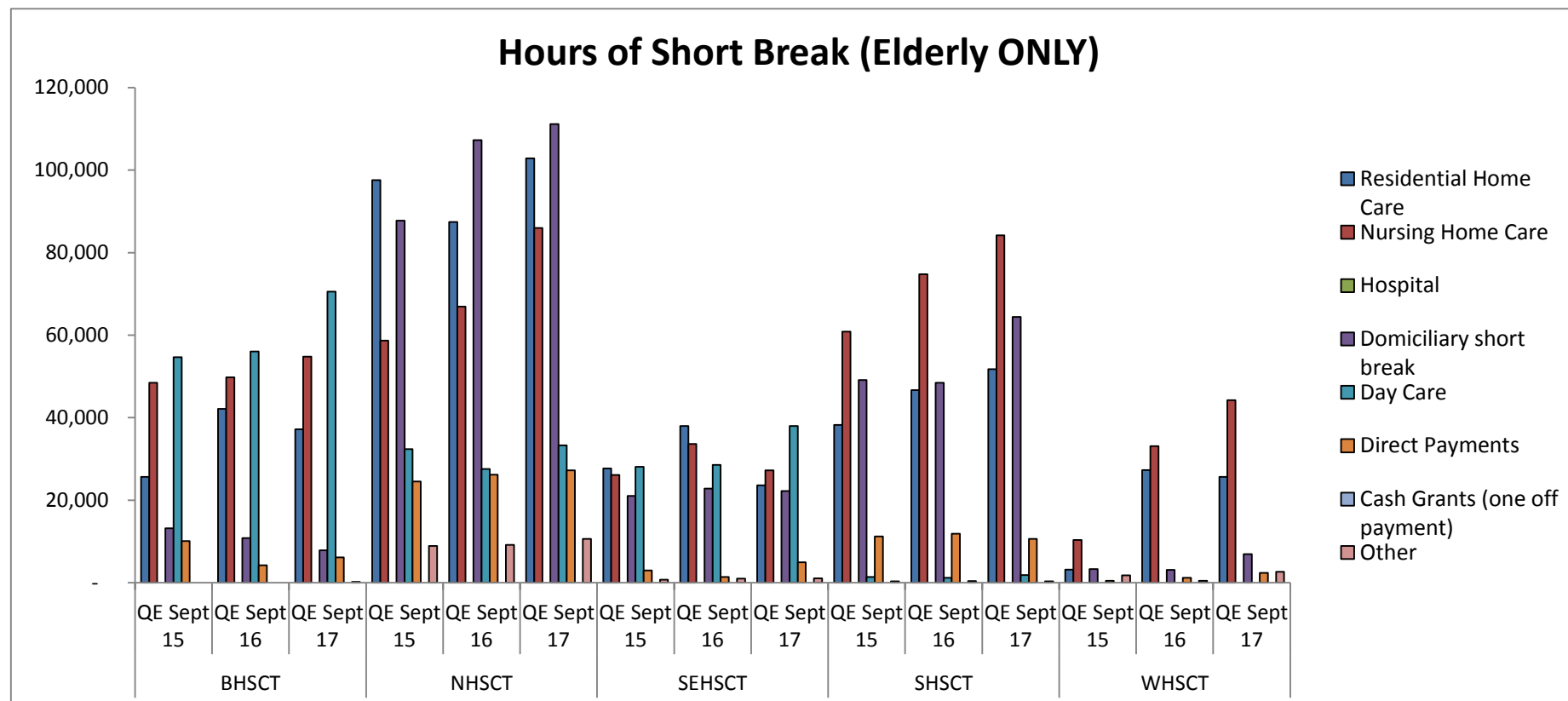
Trust	Residential Home Care		Nursing Home Care		Hospital		Domiciliary short break		Day Care		Direct Payments		Other		Total	
	Hours	Clients	Hours	Clients	Hours	Clients	Hours	Clients	Hours	Clients	Hours	Clients	Hours	Clients	Hours	Clients
Belfast	77,208	228	56,928	51	-	-	15,059	167	93,421	571	21,590	165	18,620	344	282,826	1,526
Northern	160,945	294	124,728	230	-	-	128,541	1,290	39,423	470	40,199	250	27,929	557	521,765	3,091
South Eastern	77,445	326	43,203	137	7,128	23	31,169	389	40,125	543	9,854	96	1,302	536	210,226	2,050
Southern	82,410	267	126,840	295	3,120	3	77,650	670	2,185	67	38,004	226	9,062	136	339,271	1,664
Western	54,063	281	51,624	146	7,536	32	8,511	92	14,620	249	5,889	72	5,281	154	147,524	1,026
Total	452,071	1,396	403,323	859	17,784	58	260,930	2,608	189,774	1,900	115,536	809	62,194	1,727	1,501,611	9,357

Note: Table excludes clients receiving a cash grant (987).

The following assumptions are based on hours delivered and number of clients at September 17.

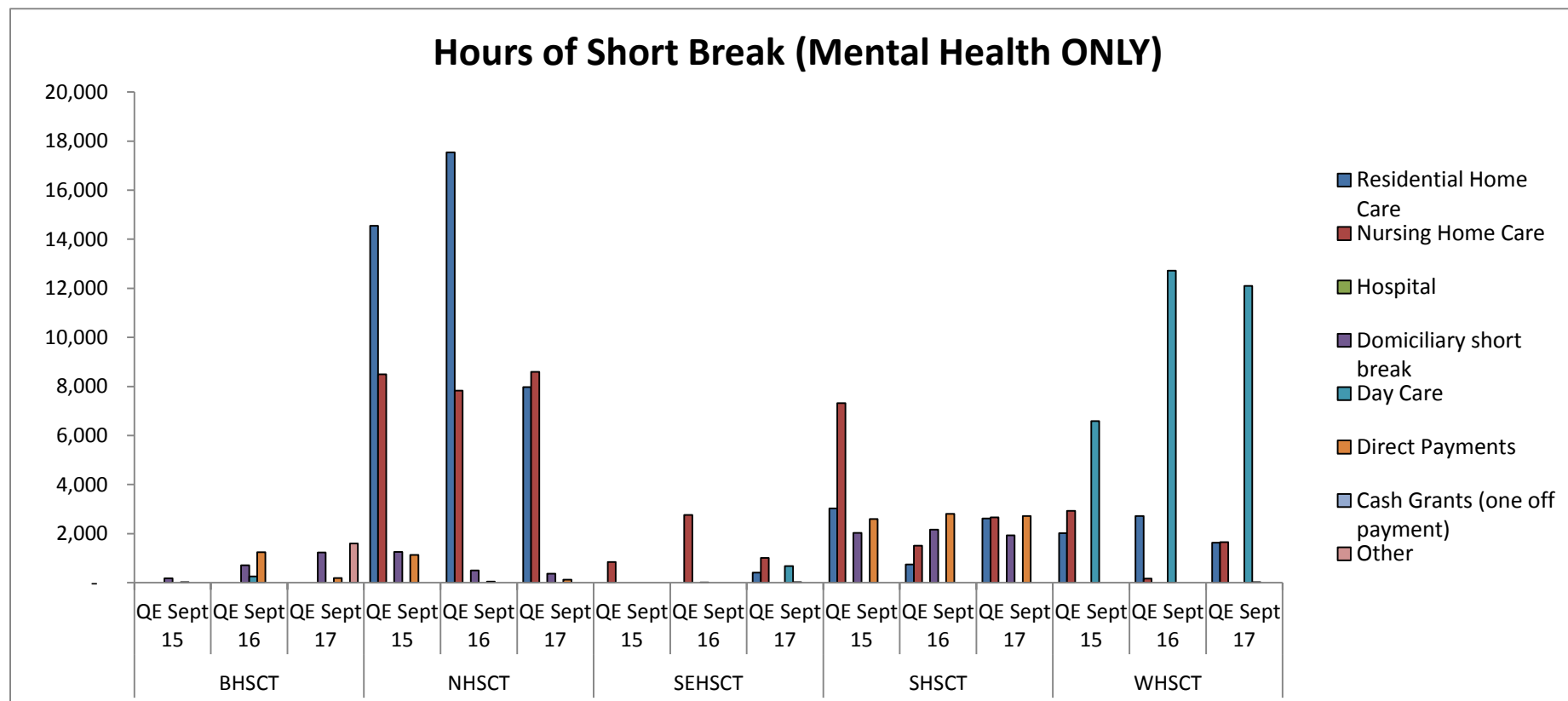
- Regionally, on average, 1,396 clients in a Residential Home (as a form of short break) received 324 hours (13 days, based on 24hrs overnight stay) of care. This ranges from 547 in NHSCT to 192 in WHSCT.
- 859 clients in a Nursing Home who availed of a short break, received 470 hours of care (equates to approx.19 days, based on 24hrs overnight stay). 51 clients in the BHSCT received over 1,100 hours per client whereas SHSCT reporting an average of 430 hours for each of their 295 clients.
- 2,608 clients received an average of 100 hours of Domiciliary Care. The average number of hours/ client ranged from 80 hours to 100 hours between 5 Trusts.
- 1,900 clients received 100 hours of Day Care. The highest average number of hours/ client was recorded in the BHSCT (164) whereas the SHSCT had the lowest average hours (33).
- On average for the region, 143 hours per client was delivered via direct payment, this ranged from 82 hours per client in the Western Trust to 168 in the Southern Trust.

Analysis of Hours of Short Break delivered by POC/ Type of Care (3 year period)



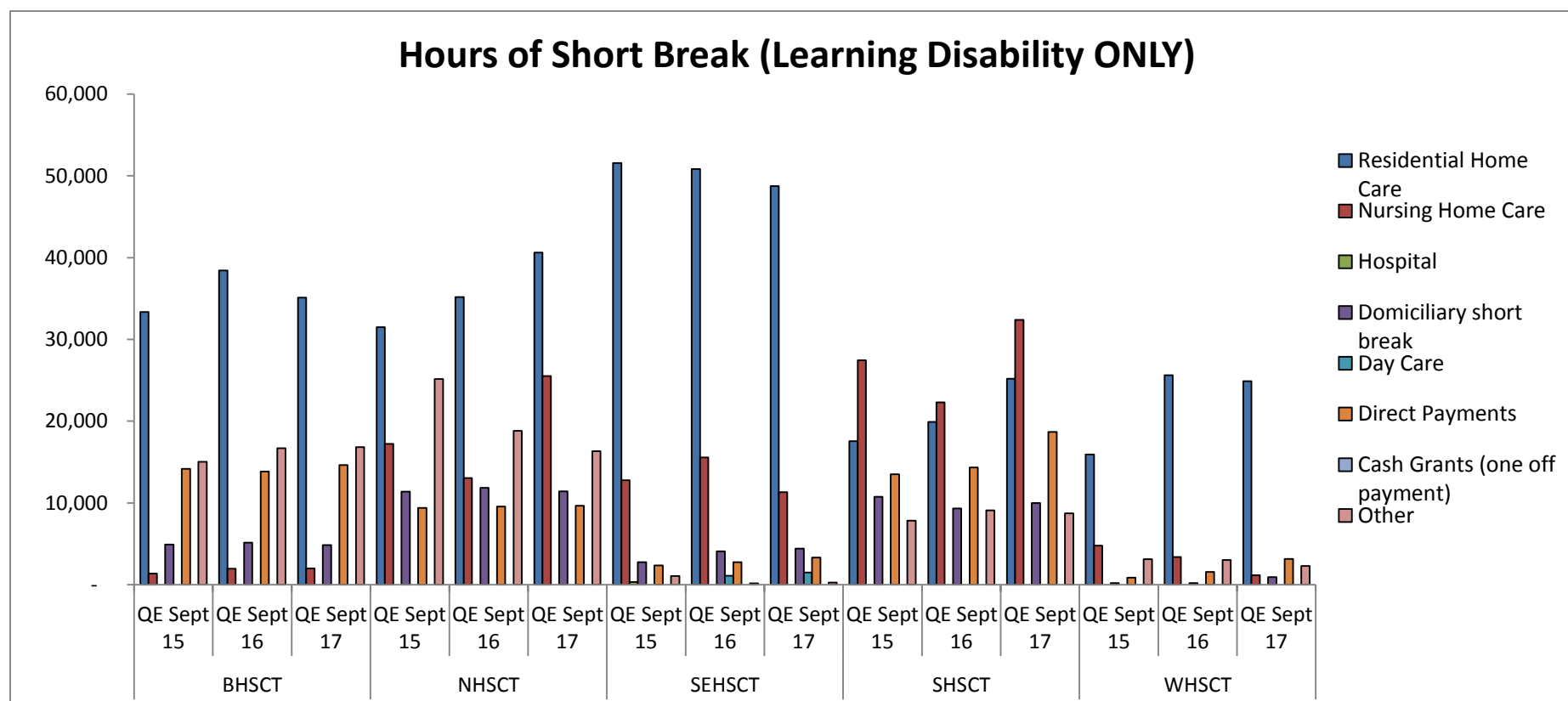
Changes since QE September 15:

- Regionally, a 28% increase in activity to carers caring for older people. All 5 Trusts reporting an increase with WHSCT the biggest at 329% followed by SHSCT at 32%.
- Residential Home Care hours increased by 25% - 4 out of 5 Trusts showing an increase with WHSCT the biggest at 700%. SEHSCT down by 15%.
- Nursing Home Care hours up by 45% - All 5 Trusts showing an increase with WHSCT the biggest at 327%.
- Domiciliary Care hours up 22% - WHSCT the biggest increase at over 100%. BHSCT down by 40%.
- Day Care hours up by 23% - SEHSCT and SHSCT biggest increase at 35% and 34% respectively. BHSCT up by 29% and no significant change in NHSCT. WHSCT did not report activity.
- Direct Payments hours up by 4% - WHSCT reporting an increase of approx. 450% (small numbers). BHSCT down by 39%.
- 'Other' short breaks up by 26% - 4 out of 5 Trusts showing an increase in activity with WHSCT the biggest at 49%.



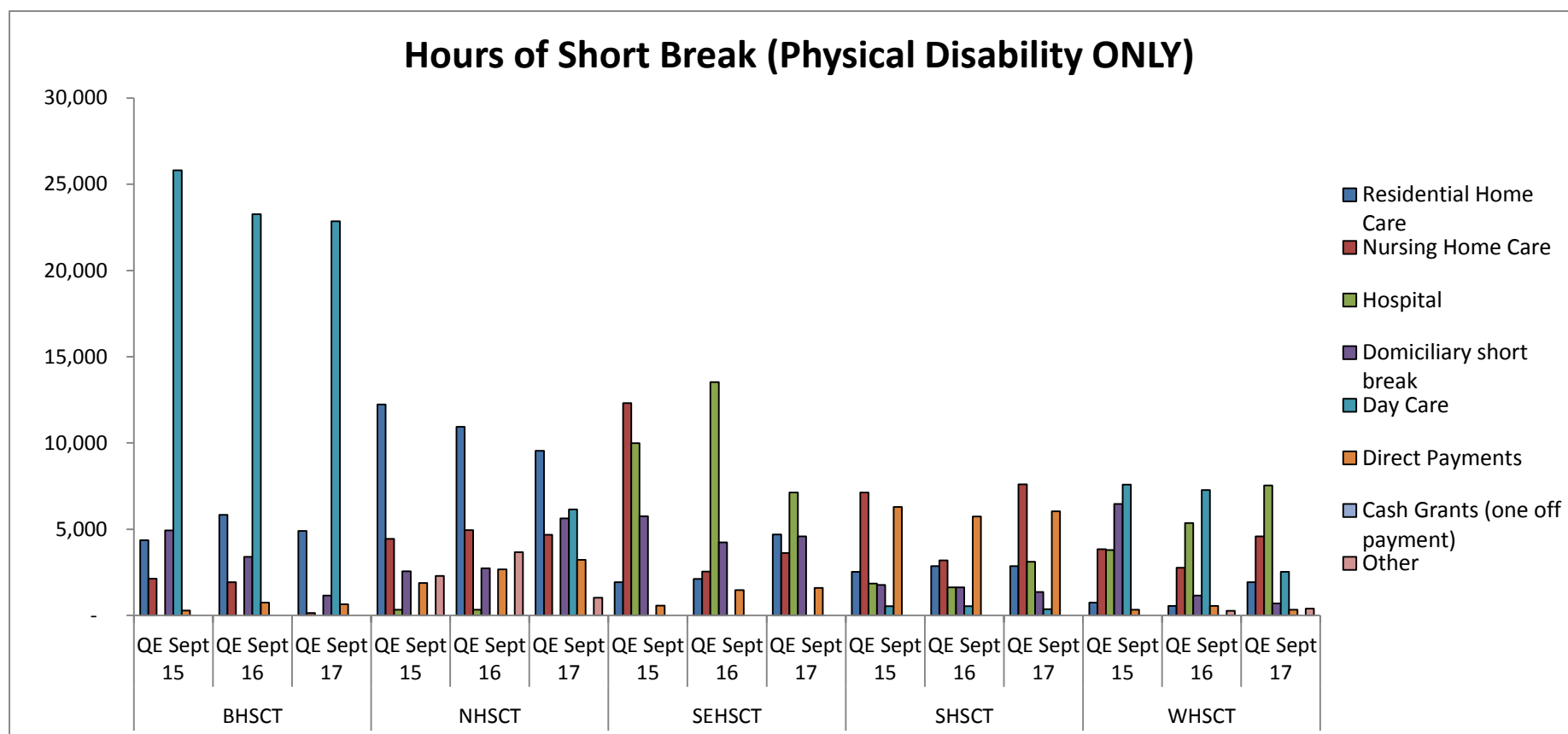
Changes since QE September 15:

- Regionally, a 10% decrease from QE September 15 in adult short break hours, to carers caring for people within the Mental Health POC. SHSCT down by 34% and BHSCT reporting a significant increase of almost 1400%.
- Residential Home Care hours down by 36%. NHSCT reporting the biggest fall in activity of 45%.
- Nursing Home Care down by 29% - SHSCT is down by significantly by 64%. SEHSCT up by 20% (small numbers). No activity in BHSCT.
- Domiciliary Care hours up slightly by 2% – BHSCT (small numbers) up 580%. NHSCT (small numbers) down by 70%.
- Day Care – WHSCT the only Trust showing significant activity and hours have increased by 84%.
- Direct Payments hours decreased by 18% - NHSCT down by 89%. BHSCT up by 700% (small numbers).



Changes since QE September 15:

- Regionally, activity has shown a 11% increase in hours, to carers caring for people with a Learning Disability since QE September 15.
- Residential Home Care hours up by 16% - 4 out of 5 Trusts showing an increase in activity with WHSCT the biggest at 56%. SEHCT down by 5%.
- Nursing Home Care hours up by 14% – NHSCT recorded the biggest increase at 48% and WHSCT the biggest decrease at 75%.
- Domiciliary Care hours up by 5% – WHSCT (small numbers) up by 340% and SHSCT reporting the biggest decrease at 7%.
- Direct Payments hours increased by 23% – All 5 Trusts reporting an increase in activity. WHSCT the biggest at 268%.
- 'Other' short breaks down by 15% - SEHCT reporting a 74% decrease in activity (small numbers) followed by NHSCT at 35% and WHSCT at 27%. BHCT and SHSCT up by 12% and 11% respectively.



Changes since QE September 15:

- Regionally, a 10% decrease in adult short break hours, to carers caring for people with a Physical and Sensory Disability. NHSCT and SHSCT the only Trusts reporting an increase at 27% and 6% respectively.
- Residential Home Care hours up by 10%. 4 out of 5 Trusts showing an increase with WHSCT the biggest rise at 158% (small numbers). NHSCT down by 22%.
- Nursing Home Care hours down by 31% - BHSCT the biggest fall at 93%. WHSCT up by 19%.
- Domiciliary Care hours down by 38% - 4 Trusts all showing decreases with WHSCT the biggest fall at 89%. NHSCT up by 120%.
- Day Care hours decreased by 6% - WHSCT the biggest fall at 67%. NHSCT reporting over 6000 hours as opposed to 'no activity' in QE September 15 and 16.
- Direct Payments hours increased by 27% - 4 out of 5 Trusts showing an increase. SHSCT down by 4%.
- 'Other' short breaks down by 38% - This is mainly due to hours moved to a stand-alone 'Hospital' category in 15/16. Activity in the Hospital has accounted for almost 18,000 hours this quarter.

High Level Analysis – Number of Adult Carers at QE September 16 v QE September 17

QE Sept 16						QE Sept 16									
Number of Adult Carers						Adults Receiving Short Break									
Trust	Elderly (POC 4)	Mental Health (POC 5)	Learning Disability (POC 6)	Physical Disability (POC 7)	Total	Trust	Residential Home Care	Nursing Home Care	Hospital	Domiciliary short break	Day Care	Direct Payments	Cash Grants	Other	Total
Belfast	752	13	462	407	1,634	Belfast	242	80	-	234	583	182	196	117	1,634
Northern	2,634	57	567	179	3,437	Northern	642	240	1	1,345	363	263	50	533	3,437
South Eastern	1,528	29	460	143	2,160	South Eastern	346	131	27	568	371	90	152	475	2,160
Southern	821	45	580	71	1,517	Southern	231	295	3	557	25	183	100	123	1,517
Western	396	273	243	108	1,020	Western	252	115	24	84	273	53	177	42	1,020
Total	6,131	417	2,312	908	9,768	Total	1,713	861	55	2,788	1,615	771	675	1,290	9,768

QE Sept 17						QE Sept 17									
Number of Adult Carers						Adults Receiving Short Break									
Trust	Elderly (POC 4)	Mental Health (POC 5)	Learning Disability (POC 6)	Physical Disability (POC 7)	Total	Trust	Residential Home Care	Nursing Home Care	Hospital	Domiciliary short break	Day Care	Direct Payments	Cash Grants	Other	Total
Belfast	789	292	455	377	1,913	Belfast	228	51	-	167	571	165	387	344	1,913
Northern	2,455	89	405	176	3,125	Northern	294	230	-	1,290	470	250	34	557	3,125
South Eastern	1,548	58	506	151	2,263	South Eastern	326	137	23	389	543	96	213	536	2,263
Southern	1,030	106	624	80	1,840	Southern	267	295	3	670	67	226	176	136	1,840
Western	614	249	227	113	1,203	Western	281	146	32	92	249	72	177	154	1,203
Total	6,436	794	2,217	897	10,344	Total	1,396	859	58	2,608	1,900	809	987	1,727	10,344

- Regionally, 10,344 adult carers received a short break at QE September 17, a 6% increase compared to QE September 16.
- SHSCT (21%) recorded the biggest increases in the number of carers, followed by WHSCT (18%) and BHSCT (17%). SEHSCT showed a slight increase at 5%. NHSCT decreased by 9%.
- Regionally, the number of carers has risen significantly within Mental Health (90%) while Elderly has also increased by 5%. Learning Disability and Physical Disability have fallen marginally by 4% and 1% respectively.
- The number of carers that chose Residential Care has fallen by 19%. Domiciliary Care (6%) has also decreased while no significant change within Nursing.
- The number of carers that chose a Hospital for their short break has increased slightly by 5%
- For the same period, increases also occurred within Cash Grants (46%) and Day Care (18%). Direct Payments up by 5%.
- The 'Other' category has reported an increase at 34%.

Note: The above figures warrant investigation with Trusts to ascertain reason(s).